ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

Dr Trust USA

Healthpal 2 Smart Watch 8003

QUICK START GUIDE

Step 1. Connect the device to its included charger so that you start with a full battery.

Step 2. Install Dr Trust 360 App on phone.

Search for Dr Trust 360 app in App store

OR

Scan the QR code to download the app

Step 3. Press the "On/Off" key for three seconds to turn ON the watch.

Step 4. Connect the smartwatch to your phone via Bluetooth.

Step 5. Basic operations

Our smartwatch supports two types of operations.
Touch screen operations: You can swipe up right & left to make changes.
Button operations: Use side button to conveniently control the watch.

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OVERVIEW

Dr Trust Healthpal Smart Watch 8003 is a perfect companion for fitness transformation. It is made for those who perform high-intensity workouts and require precise health and fitness monitoring. It monitor sleep along with monitoring 24 hour heart rate, blood oxygen level, and blood pressure. It keep you attentive all times with smart notifications from your phone with alerts for calls, texts, alarms, scheduled reminders and more. While, the IP 67 water resistance level will keep it safe from water splashes and sweat.

1. Product Activation and Charging:

The initial use of the product requires charging to activate. Connect the device to its included charger so that you start with full battery.

2. Download the Dr Trust 360 App & Login

The smart watch requires app download before it can be connected to your cell phone. Before downloading the application, please check the requirements for the hardware platform of your mobile phone system.

1. Apple mobile phones: can download in the App Store:
2. Android phones: can download in Google play store;

Scan the QR code to download

Supported Devices

Android 5.0 or above,

iOS 9.0 and above

Bluetooth

3. After the installation of APP, please register and log in according to the interface prompts.

3. Link Devices

To pair your watch to the Dr Trust 360 app, go to Profile>Manage devices> Pair new device or Health>Pair new device. Next, follow the instructions on the app, and the watch can be paired successfully.

(A)

(B)

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4. Access, Functionalities & Interface Of Dr Trust 360 App

The application runs in the background automatically and sync function will be turned on to track whole day's activities and daily percentage of your target goal.

(A)

(B)

(C)

(D)

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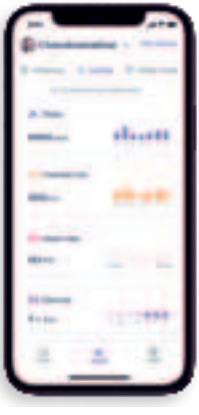
(E)



(F)

Track your daily activity, sleep stages, steps, calories burned, distance travelled, activity duration and daily percentage of your target goal. Tap on the touchscreen to see daily progress and stats in one place.

(G)

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OPERATION

Before use, be sure your smart watch is fully charged. If the watch cannot be turned on due to low power, plug the watch into the charger. The watch will hold a single charge for up to 5-7 days.

Turn on: Press the ON/Off button for three seconds.

Turn off: Swipe to the ON/OFF screen and then press the OFF icon to shut down.

Key Functions

1. Slide the dial interface from top to bottom to enter the shortcut interface;
2. Slide the dial interface from bottom to top to enter the information list interface;
3. Slide the dial interface from left to right to enter the menu style interface;
4. On the dial interface, swipe from right to left to enter phone, music, steps, sleep, heart rate, interface;

WATCH FACES AND COMPONENTS

Steps Data

Click the data icon to enter steps data interface and check the corresponding date for the day: steps count, distance and calorie.

Heart rate

After a successful switch, it starts to measure after the bottom green light is on; it takes about 30~60s to measure and the measuring value is based on PPG technology.

Blood oxygen level

Blood oxygen measurement: the green light at the bottom lights up to start the measurement, and the measurement is completed in about 30 to 60 seconds. The measurement value at this time is based on the measurement of PPG technology.

Weather

After the watch is connected to the mobile app, the weather will be automatically synchronized to the watch.

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Sleep Monitoring

The interface shows your sleep conditions for the day. Data is updated per day and meanwhile synchronized to APP.

Messages

After the watch is connected to the mobile APP, the newly pop-up information on the mobile phone will be pushed to the watch side synchronously. The watch will store multiple pieces of information.

Stopwatch

Time: click the triangle icon to start and click again to pause (the left icon means resetting);

Music

Play Music: After a successful connection, open music player to control;

Timer

Timer function-After selecting the corresponding time, start the timer, and the timer will end the vibration reminder.

Dial switch

The dial can be selected, and the dial can be switched by long pressing the dial, and it supports push dial (the watch has multiple dials built in).

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On/Off

Long press "On/Off" key for 3s to power on. The bracelet will automatically power on when it is charging. Click the "Off" icon to power off.

System Information

Check the bracelet's information such as Bluetooth name, Mac address, firmware version and UI version.

Restore Factory Settings

All personal data will be removed if you confirm to restore factory settings.

PRECAUTIONS

Please read this manual first to ensure safe and correct use

1. This product data is for health management reference only, please do not use it as medical data. If any abnormal physical data is found, it should be checked by the hospital.
2. The waterproof rating of the meter is IP67, and it is waterproof for life.
3. Please do not wear it in the following environments: swimming activities, high speed is affected by water pressure, it is not recommended to wear it in the shower.
4. The waterproof function is not permanently effective, and the protective performance may be reduced due to daily wear and tear.
5. Avoid sharp or sticky objects contacting the surface of the screen to avoid damage.
6. Avoid dropping the product on the ground or being strongly impacted by other objects.
7. Please avoid exposing the watch to corrosive liquids to avoid damage to the watch.
8. Do not disassemble the product or replace the battery without authorization. If the product fails, please contact the after-asles service department for maintenance.

Please read the instructions (shared below) before use:

- The manufacturer reserves the right to modify the content of this user manual without notice.
- According to normal circumstances, some functions are different in specific software versions.
- The product should be charged for more than 2 hours before use, but avoid prolonged charging in an unmanned environment.

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- Please attach the magnetic charging cable to the charging port of the watch automatically.
- Please use the input voltage: 5V/1A or 5V/2A charging head, with the original charging cable provided by the manufacturer.
- Before using the product, please download the login application to the mobile phone, which can use the wristband time to set personal information.

SPECIFICATIONS

Sensor:	3-axis G-sensor
Battery Capacity:	320mAh
Synchronization method:	Bluetooth
Bluetooth:	BT5.0
CPU:	Realtek8762CK+BK
Memory:	64Mb
Display:	1.69 inch TFT 240*280
Product dimension:	45.2*38.6*11.4mm
Touch screen:	Capacitive touch screen
Hear rate sensor:	3310
Pedometer:	SC7A20
Working temperature:	10-50 degree
Watch body:	Alloy
Back shell:	PC

Watch band:	Silicone
Battery:	320mAh polymer lithium battery, Standby time>20 days, Use time>10 days
Button:	1 power button
Charging type:	Magnetic charging
Water resistance:	ip67 (Spray Waterproof)
GPS:	No
Motor:	Yes
Android compatibility:	**Android 5.0 and above**
IOS compatibility:	iOS 9.0 and above
Pedometer:	SC7A20
Sleep monitoring:	Yes
Timer:	Yes
Multi-Exercise:	Walking, Running, Cycling, Skipping, Basketball, Badminton, Football
Find phone:	Yes
Coming call/SMS reminder:	Yes
Notification push:	Yes
Heart rate monitoring:	Yes
Blood pressure detection:	Yes
Blood oxygen detection:	Yes
Reminders:	Alarm clock, sedentary reminder, timer. (set on the phone app)

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Remote photograph:	Yes, set on the app
Remote music control:	Yes
Watch faces:	5 built-in faces
Remote upgrade:	No
Watch Language:	English
Data sync:	Sports data and health detection data

MAINTENANCE

- Regularly clean your wrist and the fitness tracker, especially after sweating in the exercise or being exposed to substances such as soap or detergent which may attach on the internal side of the tracker.
- Do NOT wash the fitness tracker with household cleanser.
- If your bands get wet—like after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.

WARNINGS

Health Warnings

Please consult your physician before using a heart rate monitor;

- If you have a pacemaker or other internal electronic device;
- If you have epilepsy or are sensitive to flashing lights;
- Before beginning or modifying any exercise program;

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leak, and/or injury.

- Do NOT disassemble, modify or damage the batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazard.

INSTRUCTIONS

Safety

- The device contains electrical equipment that may cause injury if not used properly.
- For some users prolonged contact may contribute to skin allergies. To avoid irritation, please read the safety guidelines on the following pages to ensure proper use and care.
- Do not expose your device to liquid, moisture or humidity while charging.
- Do not charge your device when it is wet, as it may result in electric shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any pre-existing conditions that might be affected by using this device.
- Do not expose your fitness tracker to extremely high or low temperatures.
- Do not leave your fitness tracker near open flames such as cooking stoves, candles, or fireplaces.

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- This product is NOT a toy – never allow children or pet to play with this product. Always store the product out of reach from children.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and damage

DISPOSAL

- Dispose of this device, the device's battery and its package in accordance with local regulations.

Disclaimer

The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition. The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

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